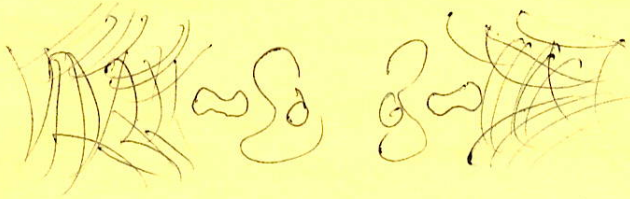

I am quite literally too sensitive - my fears dissipate as I put in my newly acquired ear plugs - and I wonder if the fears / sadness I sense are really of those around me, these subtle vibrations caught by my "loose" hair which I can no longer tie up due to my cell being raided by the guards while locked in the day room - thank God I carry my notes w/ me always. steadfast perpetrator aka paranoia

Tomorrow is sunday - body day - I must fast and keep my ears open? no thank you - too much noise that makes me sad - I hope I could keep a vow of silence for my own protection.

sensitivity increases when a man is pre-abstinent from his primal urges he gains energy from the heart - but when no contact can be made and surrounded by mistrust sadness & despair - I am to weak I am not prepared and I feel I know she is pregnant the night her pain changed - I overlapped hers - I sent it and recorded it somewhere on my clive around our birthdays 4/18-28/17 and the baby will be a girl we will name her jewel - the more I talk to her the more her voice sounds like V's calm and loving - sensitive - still I believe she lies out of fear of losing me I also remember Anne discussing this important detail of abstinence marriage and sex. And the timing of jewel becoming conscious (60-days) would

TOO HARD TOO DARK Maybe in a forest not a jail where I can't be